



Public Health
Prevent. Promote. Protect.

**Fond du Lac County
Health Department**

Fond du Lac County Health Department

Mission: Fond du Lac County Health Department prevents disease, protects the community, and promotes healthy living for all.



What's in the News?

PROTECT YOURSELF: GET YOUR ANNUAL FLU VACCINE!

Getting your annual influenza vaccine is the best way to protect yourself from becoming ill with seasonal influenza. The vaccine is recommended for everyone who is at least 6 months of age or older. Influenza can affect anyone, whether they have no health problems, or have chronic illnesses:

- A study showed children who get flu vaccine are 74% less likely to need care in an intensive care setting because of influenza
- People age 50+ who are vaccinated decrease the risk of flu-related hospitalizations by 57%
- In Fond du Lac County, 46 people were hospitalized in 2015 because of influenza. Many more were ill, managing their symptoms at home, but missing social activities, work or school.

Getting flu vaccine also protects those around you. For example, babies of pregnant women who have had the vaccine are about one third less likely to get sick from influenza for up to 4 months after they are born.

When should you get vaccinated? As soon as vaccine is available. It takes about 2 weeks for your body to build an immune response after the flu vaccine, and we aren't able to predict when influenza disease will appear in our community.

Flu vaccine is readily available at local clinics, pharmacies, and the Health Department. Click [here](#) for a list of public clinics offered by the Health Department.

The Health Department will also be offering flu vaccine clinics at area schools, beginning in late October. Watch for information from your child's school, a schedule will be posted on our website at a later date.

A few changes for this year's flu vaccine include:

- Only injectable vaccine ("the shot") will be offered in our community this year
- The Health Department now offers High Dose Influenza Vaccine, licensed for people age 65 and older. It provides a better immune response than the standard vaccine. This vaccine is covered by Medicare B, and will be offered at all the public clinics we conduct in our community.

We encourage all residents to take a few minutes now to get vaccinated!



Women, Infants, and Children (WIC)

NEW WIC UPDATES:

Starting November 1st children 2-4 years of age enrolled in the WIC program will be allowed to swap 1 of their 4 gallons of milk for 32 ounces of nonfat or low-fat plain or flavored yogurt and 16 ounces of cheese. Participants will also have the ability to choose 16 ounces of 100% whole wheat pasta for their whole grain option.

WIC has developed a phone app which will be released this fall to help make shopping easier for WIC participants; allowing them to locate a WIC approved store, scan UPC codes, view

their shopping list and even get specific messages from their local WIC office.



Maternal Child Health News



It's that time of season again!

Flu is upon us. For all the pregnant moms out there, the flu is

likely to cause you to be more sick, sometimes even hospitalized, more so than women who are not pregnant. Changes you are going through during your pregnancy make you prone to catch the flu. Catching the flu during your pregnancy can also make you more at risk for premature labor and delivery and complications of the newborn.

The flu shot is now available for all pregnant

mothers. Protect yourself and your baby by getting vaccinated. Studies have shown that by vaccinating pregnant mothers, antibodies can pass to the baby to protect them after birth. Since babies cannot get the flu shot until they are 6 months old, next to good hand washing, it is the best protection for baby.

Things you can do to avoid the flu during your pregnancy:

- Get the flu shot for yourself and your family
- Good hand washing. Use hand sanitizers when you have no access to soap and water.
- Avoid crowded areas, especially anyone who is sick
- Avoid touching your eyes, nose, or mouth
- Eat healthy and drink plenty of fluids
- Let your doctor know if you are feeling sick





Dental News

Dental Health Boot Camp

Your body is a machine. The foods you choose and how often you eat them affects your general health and the health of your teeth and gums, too.

When you eat too many sugar-filled sodas, sweetened fruit drinks or non-nutritious snacks, you will get tooth decay. Tooth decay is the single most common chronic childhood disease, but the good news is that it is entirely preventable.

Tooth decay happens when plaque come into contact with sugar in the mouth, causing acid to attack the teeth.

Foods containing sugar of any kind can cause tooth decay. Common sources of sugar include soft drinks, candy, cookies and pastries. This may contribute to gum disease. Severe gum disease is a major cause of tooth loss in adults. Many researchers believe that the gum disease progresses faster and is more severe in people with poor nutrition.

Make good choices

For healthy living and for healthy teeth and gums, think before you eat and drink. It's not only what you eat but

when you eat that can affect your dental health. Eat a balanced diet and limit between-meal snacks.

For good dental health, keep these tips in mind when choosing your meals and snacks:

Drink plenty of water.

Eat a variety of foods from each of the five major food groups.

Limit the number of snacks you eat.

Healthy snacks

Choose healthy snacks like fruit or vegetables or a piece of cheese. Foods that are eaten

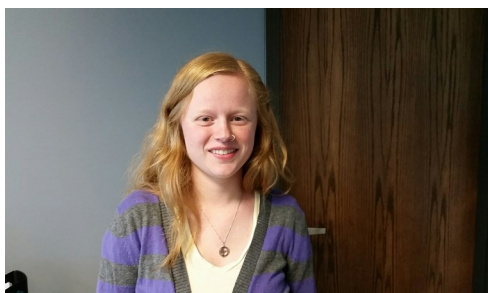
as part of a meal cause less harm to teeth than eating lots of snacks throughout the day, because more saliva is released during a meal. Saliva helps wash foods from the mouth and lessens the effects of acids, which harms teeth and cause cavities.

For good dental health

Brush twice a day with fluoride toothpaste, floss daily and visit your dentist regularly. With regular dental care, your dentist can help prevent oral problems from occurring in the first place and catch those that do occur in the early stages, while they are easy to treat.



Meet Hannah Phillips, our newest employee! Hannah recently graduated from UW-La Crosse with a degree in Community Health Education and will be working as a Community Health Educator.



Turkey Chili Taco Soup

Do you like chili? And tacos? Let's combine them! Doesn't this look delicious? [Click here](#) for Skinnytaste's QUICK and EASY cozy fall meal!



You're Invited

Candidate Forum

Hear from guest speakers how critical health issues affect our communities and find out how candidates would address these public health issues. Time will be designated for those in the audience to ask the candidates questions on the topics below.

Tobacco & Alcohol Prevention

Candidates who confirmed their participation:

Senate District 14
Luther Olsen
Brian Smith
Senate District 18
Mark Harris
Dan Feyen

Date of Forum:	Tuesday, October 25 2016
Time of Forum:	6:00-7:30pm
	5:30-6:00 Sign-in
	6:00-6:30 Presentations
	6:30-7:30 Candidate Introductions and Questions
Location:	Moraine Park Technical College of Fond du Lac
	235 N National Ave
	Fond du Lac, WI 54935
	Classroom A112

Please RSVP to (920) 929-3096 or nora.uttech@fdlco.wi.gov



Emergency Preparedness

Get your car ready for winter — it's right around the corner!!

Update your emergency kit in your vehicle and check or have a mechanic check the following items on your car:

- **Antifreeze levels** - ensure they are sufficient to avoid freezing.
- **Battery and ignition system** - should be in top condition and battery terminals should be clean.
- **Brakes** - check for wear and fluid levels.
- **Exhaust system** - check for leaks and crimped pipes and repair or replace as necessary. Carbon monoxide is deadly and usually gives no warning.
- **Fuel and air filters** - replace and keep water out of the system by using additives and maintaining a full tank of gas. A full tank will keep the fuel line from freezing.
- **Heater and defroster** - ensure they work properly.
- **Lights and flashing hazard lights** - check for serviceability.
- **Oil** - check for level and weight. Heavier oils congeal more at low temperatures and do not lubricate as well.
- **Thermostat** - ensure it works properly.
- **Windshield wiper equipment** - repair any problems and maintain proper washer fluid level.
- **Install good winter tires** - Make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions. However, some jurisdictions require that to drive on their roads, vehicles must be equipped with chains or snow tires with studs.

Find out more winter preparedness information at www.Ready.gov



Environmental News

Have you tested your well water lately? The DNR recommends you test your private well at least once a year. The Fond du Lac County Health Department provides bottles to test for bacteria and nitrates in your well water at minimal cost:

\$41.00 for bacteria and nitrates

\$22.00 for bacteria only

\$19.00 for nitrates only

Remember: even if your water looks, tastes, and smells fine, it can contain bacteria and viruses! **MAKE SURE TO TEST!**

For more information on testing, please [click here](#).



THE OPIOID CRISIS

Do you have a loved one or acquaintance suffering from an opioid or heroin addiction? The Harm Reduction Pillar of the Fond du Lac County Opioid Initiative has partnered with the AIDS Resource Center of WI to provide free Naloxone (Narcan) trainings to community members.

See this [flyer](#) for additional information and training dates!